

CB ACADEMY MONTHLY PLANNER

MONTH:
December - flexibility

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Chloe's Top 5 go to Stretches! (10 mins)	2 Flowing into Splits (27 mins)	3 Wild Thing (16 mins)	4 Rest Day	5 Rest Day
6 Stretch and Tone (42 mins)	7 Hip Mobility (15 mins)	8 Front Split flow (16 mins)	9 Active recovery workout (18 mins)	10 Full body Deep Stretch (30 mins)	11 Rest Day	12 Rest Day
13 Beginner Morning Flow (15 mins)	14 Let's get Dynamic! (16 mins)	15 Lower Body Fix (15 mins)	16 Core and Inner Thigh workout (13 mins)	17 Booty Blast (20 mins)	18 Rest Day	19 Rest Day
20 Lower Ab Attack (7 mins)	21 Inner Thigh Stretch and tone (16 mins)	22 Stability Ball lower body blast (13 mins)	23 Let's Jump Rope! (12 mins)	24 Upper Body Feel Good (13 mins)	25 Rest Day	26 Rest Day
27 Activate your core (14 mins)	28 Restorative (19 mins)	29 Advance Glute Therapy (20 mins)	30 Stretch & Sculpt (16 mins)	31 Advance Middle Split Training (13 mins)	Rest Day	Rest Day